Astoria Garden Club
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Delicious Dishes

with Bumble Bee seafoods

Bumble Bee Tuna

Small wonder that the growth of the tuna industry has been spectacular, for this seafood combines delectable flavor, a large amount of healthful protein and low cost, all in one easily-prepared food.

The modern housewife has found it wise to stock a few cans of tuna in reserve since the wide variety of uses for this seafood insures that she is prepared for any emergency from a nourishing noontime sandwich for Junior's pal to a delightful, quick-to-fix full meal for unexpected guests.

On the next few pages you will find tested recipes illustrating some of the delicious dishes that can be prepared with Bumble Bee Tuna. Note that some call for Bumble Bee White Meat (Albacore) solid pack tuna where large pieces of the fish are used. The balance of the recipes suggest economical Bumble Bee Chunk Style Tuna where the pieces are smaller in size and usually combined with other foods.

No matter how used, you'll find Bumble Bee to be the finest you've ever tried. We could use pages enlarging on this subject but instead we suggest that, as you try these recipes, you compare Bumble Bee with any other tuna you've ever purchased. This will be more convincing proof of superiority than any printed word.

Tuna Mornay

1 7-oz. can Bumble Bee Fancy White Meat Solid Pack Tuna
1½ cups medium thick white sauce
1 tablespoon lemon juice or white wine
2 tbs. grated Swiss or aged cheddar cheese
1 tablespoon grated Parmesan cheese

Cut solid pack tuna into 4 portions. Place each in greased individual casserole or baking shells. Add lemon juice or wine and Swiss or cheddar cheese to well seasoned white sauce. Pour over tuna, sprinkle top with Parmesan cheese. Heat through in moderately hot oven, 400 degrees, for 15 to 25 minutes. Serves 4.

LUNCH OR DINNER IDEA. Serve Bumble Bee Tuna Mornay, as pictured, with potato chips or shoestring potatoes, cucumber and shredded cabbage in tart lemon gelatin, hot buttered rolls or biscuits, orange snow pudding with chocolate cookies for dessert.

Tuna Salad

Use Same Pattern for Bumble Bee Salmon or Crab Salad

1 7-oz. can Bumble Bee Fancy White Meat Solid Pack Tuna
¾ cup finely cut celery
Salt, pepper, lemon juice
2 tablespoons tart mayonnaise
1 or 2 hard-cooked eggs (optional)
1 or 2 tbs. chopped pickles (optional)

Flake tuna into fairly large pieces with fork. Toss with crisp, cold celery, salt, pepper, few drops lemon juice and mayonnaise. Add chopped hard-cooked egg and pickle also if desired. Serve on crisp, cold shredded lettuce or lettuce leaf cups topped with more mayonnaise. Serves 4.

WARM DAY DINNER. Add egg to salad, or garnish serving with hard-cooked or stuffed egg halves, sliced tomatoes, cucumbers and slice of your favorite cheese. Serve with hot rolls or corn bread. For dessert, fresh peach sauce over ice cream with chocolate cookies.

Tuna Corn Casserole

Try Also with Bumble Bee Fancy Salmon

1 7-oz. can Bumble Bee Fancy White Meat Solid Pack Tuna
2 eggs
1 cup milk
1 teaspoon grated onion
1 tablespoon butter
Salt, pepper
1 No. 2 can or 2 cups cooked corn

Flake tuna into large pieces. Beat eggs slightly, add milk, onion, butter, season, stir in corn. Add flaked tuna, mix lightly. Turn into 1½-qt. greased casserole or use 4 individual casseroles. Bake in moderate oven, 350°, for 15 to 20 minutes for individual, 35 to 45 minutes for larger casserole or until mixture is set and firm as for custard. Serves 4.

CASSEROLE DINNER. Quick idea is this Bumble Bee Tuna Casserole if milk and corn are heated before stirring slowly into egg. Serve with potato chips or French fries, tossed green salad, fruit compote and cookies. For lunch try this casserole with hot biscuits and fruit salad.

Tuna Broiler Meal

Same Idea, Wonderful with Bumble Bee Fancy Salmon

Allow 1 7-oz. can Bumble Bee Fancy White Meat Solid Pack Tuna for 3 or 4 servings. Place uncut and solid tuna from can on greased baking sheet or broiler. Allow 1 or 2 halves cooked potatoes per serving, 1 half fresh tomato. Brush all with melted butter or top tomato with buttered crumbs. Put potatoes and tuna 2½ inches under broiler heat for 4 minutes. Add tomatoes to broiler, continue broiling for 3 or 4 minutes longer. Serve hot with lemon wedges.

SPEEDY DINNER. Serve Bumble Bee Fancy White Meat Solid Pack Tuna or Salmon Broiler Meal with cabbage salad, broiled pound cake or toasted angel food cake topped with fresh or frozen berries or peaches or serve cherry pudding.

Tuna Club House Sandwich

You'll Like Bumble Bee Crab Meat or Salmon Used This Way, too

For each sandwich allow ¼ of a 6½-oz. can Bumble Bee Chunk Style Tuna, 3 slices buttered toast, 1 or 2 slices crisply cooked bacon, thin slices tomato, lettuce leaf, and mayonnaise. Sprinkle 1 slice toast with flaked tuna, dot with mayonnaise, top with lettuce leaf. Spread unbuttered side of next piece of toast with mayonnaise, lay on top of lettuce. Top second slice with bacon, sliced tomato, sprinkle with pepper. Spread buttered side of third slice of toast with mayonnaise, place on top of tomato. Cut sandwich in halves or quarters, hold sections together with toothpick topped with olive.

BROILED TUNA SANDWICH. Toast bread, butter, lay slices of tomato on toast, sprinkle with Bumble Bee Light Chunk Style Tuna or Crab or Salmon. Dot with mayonnaise. Place very thin slice of cheese atop tuna. Broil 3 inches from heat until cheese is bubbly.

Creamed Tuna

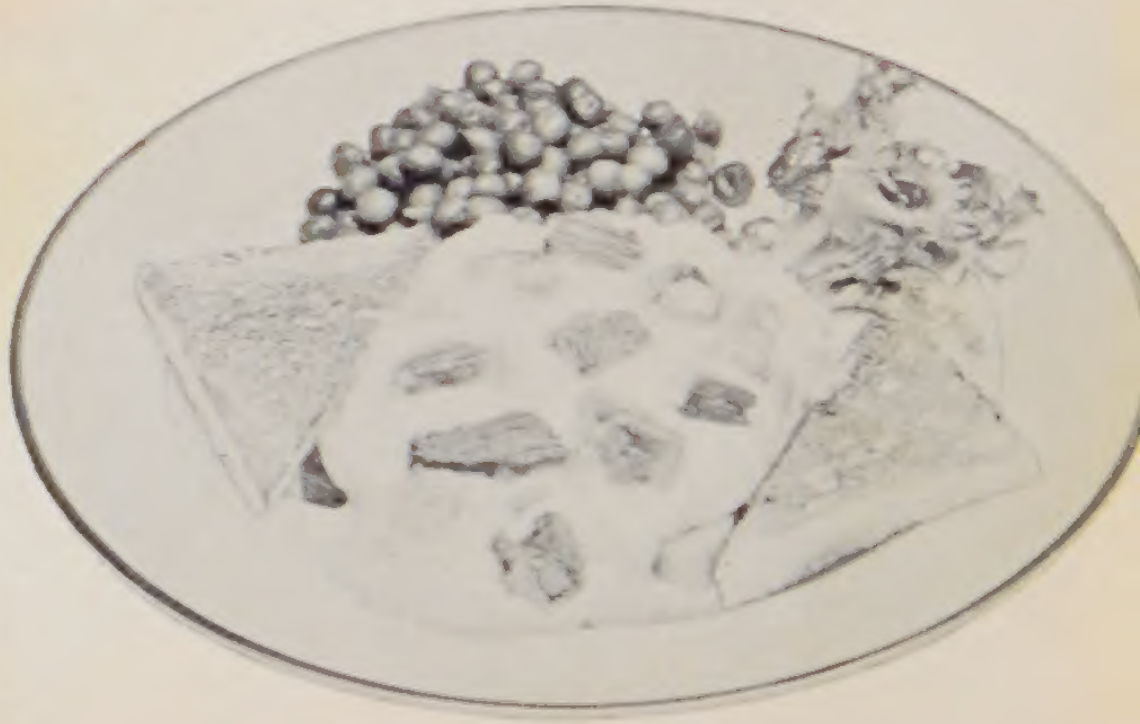
Hurry-up Main Dish with Sauce Variations. Use Any Bumble Bee Canned Seafood with These Sauces

4 tablespoons butter or margarine
4 tablespoons flour
2 cups milk
Salt, pepper
¼ teaspoon Worcestershire sauce (optional)
1 teaspoon lemon juice
1 6½-oz. can Bumble Bee Chunk Style Tuna

Melt butter or margarine in sauce pan, blend in flour, add milk. Cook and stir over low heat until mixture is smooth and thickened. Season with salt, pepper, Worcestershire sauce. Just before serving add lemon juice and flaked tuna. Heat several minutes, serve over toast with mashed potatoes, cooked rice, noodles or macaroni, hot biscuits, cornbread or patty shells. Serves 4.

A LA KING. Add ½ cup sauteed canned or fresh mushrooms and 1 tablespoon minced pimiento to sauce.

LUNCH OR DINNER IDEAS. Use creamed fish over any suggested base material. Add green peas or limas, spinach or cabbage, tomato, cucumber or lettuce wedge salad, berry cobbler.



Tuna Noodle Casserole

1 6½-oz. can Bumble Bee Chunk Style Tuna
2 cups cooked noodles
1 can condensed mushroom soup and ⅔ cup milk or 2 cups medium thick white sauce
1 teaspoon minced onion (optional)
1 tablespoon minced pimiento (optional)

Flake tuna onto half of cooked noodles that have been placed in greased, 1½-qt. casserole or 4 to 6 greased individual casseroles. Reserve a few pieces of tuna for top. Combine condensed soup with milk or use well seasoned white sauce. If desired, add onion, pimiento, lemon juice for extra tang. Pour half of sauce over noodles and tuna, add remaining noodles, pour over remainder of sauce and dot top with few chunks of tuna. Heat in moderate oven, 350°, for 25 to 45 minutes or until hot through. Serves 4 to 6.

QUICK DINNER. Serve Bumble Bee Tuna Noodle Casserole with baked eggplant slices or baked shredded carrots, cucumber and lettuce salad, whole wheat bread and butter. For dessert, baked lemon dumplings.

Tuna Vegetable Loaf

3 cups soft bread crumbs
1½ cups milk
3 eggs
1 tablespoon minced onion
Salt, pepper
1 teaspoon prepared mustard
1 6½-oz. can Bumble Bee Chunk Style Tuna
1½ cups cooked peas, green beans or whole kernel corn

Cut bread or break into small pieces. Heat with milk and beat until mixture is creamy. Beat eggs slightly, beat in milk mixture. Add seasonings. Add about ⅓ mixture to vegetable used. Flake tuna in remaining mixture. Turn half tuna mixture into well greased loaf pan. Spread with vegetable mixture, add remainder of tuna. Bake in moderate oven, 350 degrees, for about 40 minutes or until firm. Loosen from pan, unmold on hot platter, serve with tomato or lemon or egg sauce. Serves 4 to 6.

LOAFER DINNER. Serve easy-to-make Tuna Vegetable Loaf, baked potatoes (start before the loaf), green salad, crusty rolls, apple crisp for dessert.

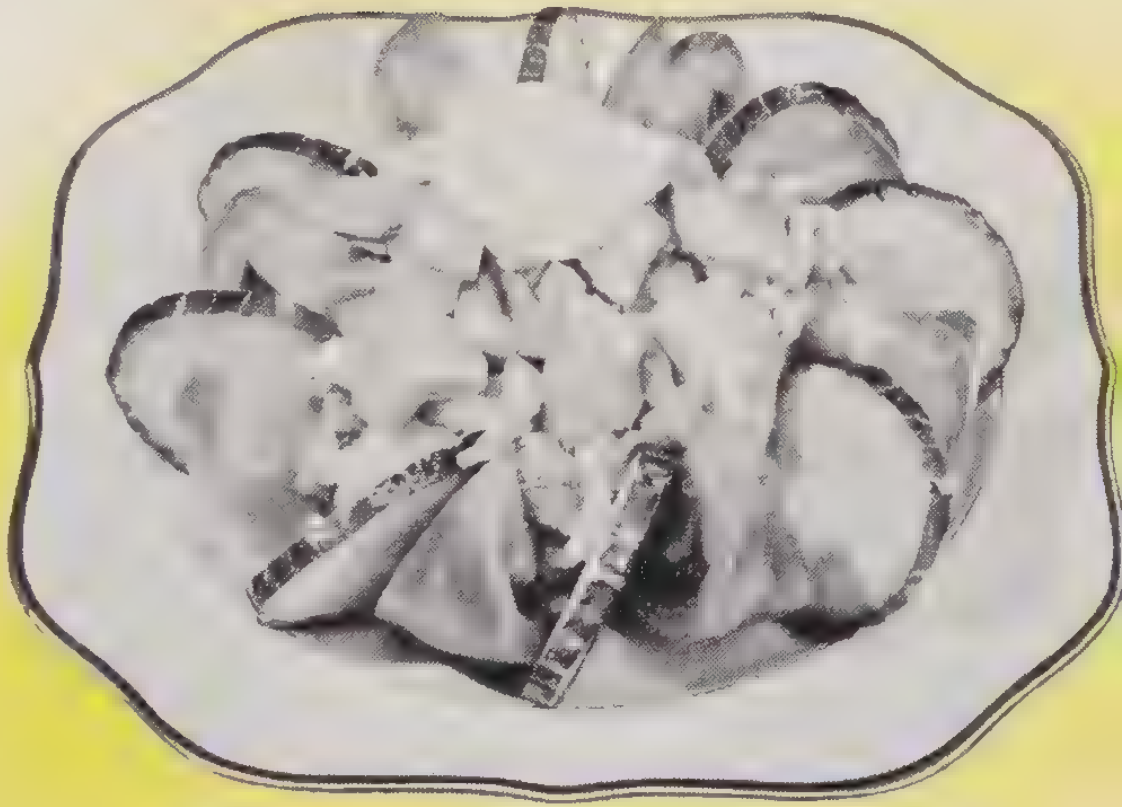
Tuna Petal Salad

Also Delicious with Bumble Bee Salmon or Crab

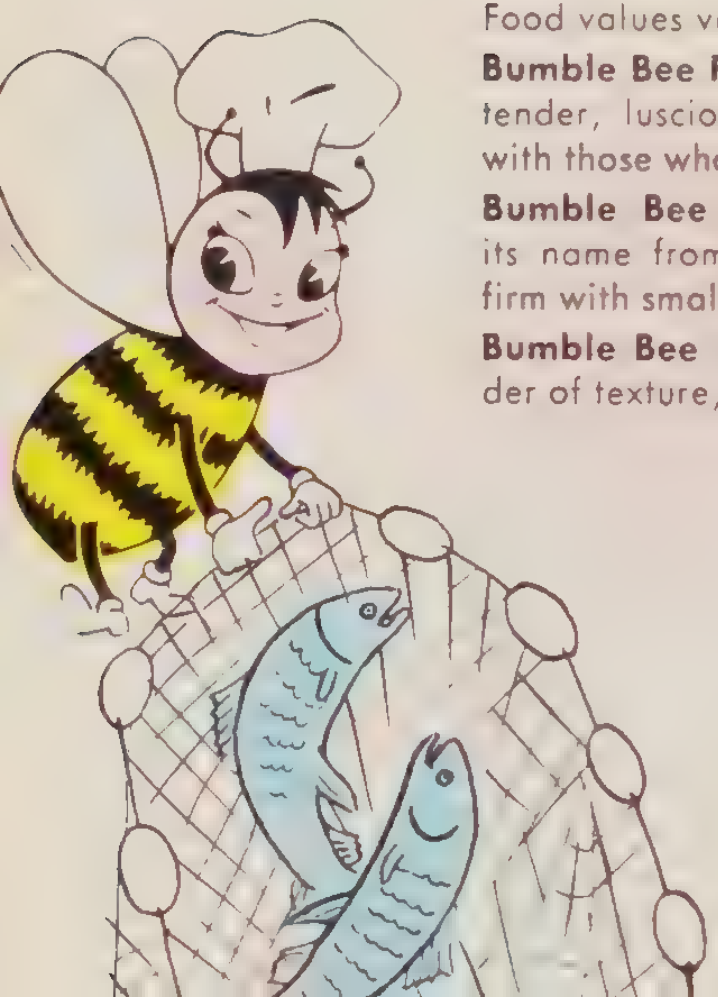
1 6½-oz. can Bumble Bee Chunk Style Tuna
¾ cup finely cut celery
3 tablespoons tart mayonnaise
Salt, pepper, lemon juice
4 medium size tomatoes
Cucumber slices (optional)
Lettuce

Flake tuna into chilled bowl, add crisp, cold celery cut fine. Toss with mayonnaise, salt, pepper, few drops lemon juice. Blanch and chill tomatoes. Cut out stem ends, peel, cut down from stem end almost through tomatoes to form 6 or 8 sections on each tomato. Place tomatoes on salad plates lined with shredded lettuce. Press tops of tomatoes down to form petals. Fill centers with tuna salad. Garnish with topping of mayonnaise, place slices of cucumber between petals, if desired. Serves 4.

LUNCHEON DELUXE. Serve Bumble Bee Tuna Petal Salad or use Bumble Bee Salmon or Crab for salad. Accompany with hot buttered biscuits, fresh fruit cobbler for dessert.



Bumble Bee Salmon



Bumble Bee offers five separate types of salmon for your mealtime pleasure. Food values vary only slightly, main differences being in texture, color and flavor.

Bumble Bee Fancy Columbia River Chinook Salmon. This finest of all salmon, tender, luscious-flavored, large-flaked, and rich is a favorite the nation over with those who appreciate the best.

Bumble Bee Fancy Red Alaska Sockeye Salmon. This delicious fish takes its name from the bright orange-red color of the flesh. The texture is rather firm with small flakes and bones.

Bumble Bee Fancy Blueback Salmon. The finest of red salmon, rich and tender of texture, caught on the Columbia River and Puget Sound.

Bumble Bee Fancy Cohoe Salmon Steaks. Midway in color, texture and flake-size between the Red Alaska Sockeye and the Chinook. As with the species listed above, often eaten right out of the can, well suited to cooked dishes.

Bumble Bee Pink Salmon. Light pink in color. Delicate texture and flavor with very small flakes and bones. A most economical source of protein and other healthful food values.

These varieties of Bumble Bee Salmon offer you a wide choice to fit your taste and purse. The following recipes offer some suggestions that illustrate the many ways in which this seafood may be used for delightful meals.

Salmon Macaroni Salad

Crab or Tuna Macaroni Salad, a la Bumble Bee, is fine, too

3 cups cooked macaroni
½ to 1 cup fine cut celery
2 whole green onions, chopped
½ cup tart mayonnaise
Salt, pepper

1 ½-lb. can Bumble Bee Fancy Chinook Salmon
2 tablespoons chopped green pepper or pimiento (optional)
2 hard-cooked eggs (optional)
3 tbs. chopped dill or sweet pickle (optional)

Cook and chill macaroni, chill remaining ingredients. Combine and toss lightly. Serve on lettuce or garnish with salad greens as main course salad. Serves 6 to 8.

OUTDOOR SUPPER. Garnish Bumble Bee Salmon, Tuna or Crab Salad with sliced tomatoes, cucumbers and stuffed eggs, accompany with buttered hot French bread or rolls. Peach, berry or pineapple shortcake for finale.

Salmon Platter Dinner

Also Tasty with Bumble Bee Fancy White Meat Solid Pack Tuna

Allow one 1-lb. can Bumble Bee Red Salmon for each 3 or 4 servings. Heat in moderate oven, 350 degrees, for 20 minutes or serve cold. Accompany with buttered green beans, steamed or roasted corn on the cob, potato chips. Add relish tray of carrot and celery strips, pickles. Fruit and cookies for dessert.

SALMON WITH TOMATO SAUCE. Empty one 1-lb. can Bumble Bee Fancy Red Salmon into baking dish for each 3 or 4 servings. For each can used, surround with half can condensed tomato soup mixed with ½ cup milk. Season with 1 teaspoon grated onion, dash of tabasco sauce. Pour sauce over salmon. Heat in moderate oven, 350 degrees, for 25 minutes. Serve with steamed or baked potatoes, steamed cauliflower or cabbage, green salad, orange pudding.

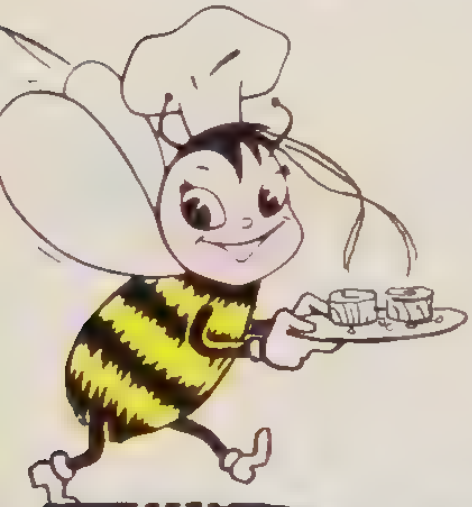
Salmon Stuffed Peppers

Try This Also with Bumble Bee Chunk Style Tuna

1 ½-lb. can Bumble Bee Fancy Blue Back Salmon
2 cups cooked rice or macaroni
1 teaspoon chopped onion
½ teaspoon Worcestershire sauce
1½ cups medium thick white sauce or 1 can condensed tomato, celery, or cream of chicken soup
Salt, pepper
3 large or 6 medium size peppers

Flake salmon, combine with cooked rice or macaroni, remaining ingredients except peppers. Cut large peppers in half the long way or if using small peppers, cut off tops. Remove center membrane, rinse out all seeds. Drop into boiling water, simmer covered for 3 to 5 minutes. Remove from water, drain, stuff with salmon mixture. Place in greased casserole or baking pan. Heat in moderate oven, 350 degrees, for 25 minutes or until hot through. For full meal put 2 cups whole kernel corn in bottom of casserole to heat with peppers. Or heat stuffing, put into hot pepper shells, place on top of heated corn, serve. Serves 6.

Baked Salmon

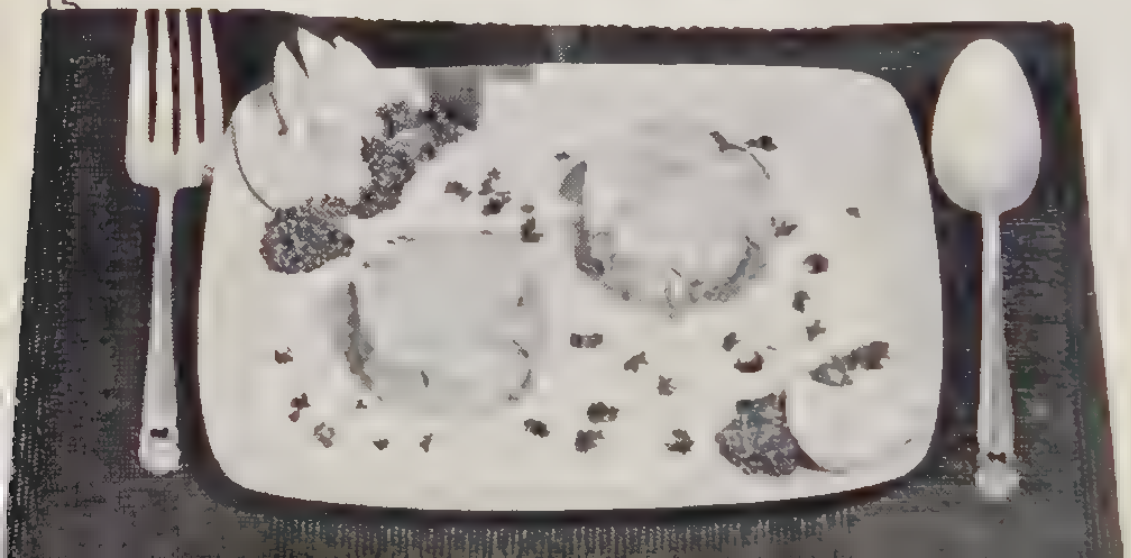


Turn contents of ½-lb. can of Bumble Bee Fancy Cohoe Salmon Steak into greased baking dish. Heat in moderate oven, 375 degrees, for about 15 minutes or until hot through. Serve with Parsley, Egg or Lemon sauce. One can of salmon serves 3 or 4.

PARSLEY SAUCE FOR FISH

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- Salt, pepper
- 2 tablespoons chopped parsley

Melt fat, blend in flour, stir in milk. Cook and stir over low heat until thick. Season. Just before serving stir in parsley. Serves 3 or 4.



LEMON CREAM SAUCE FOR FISH. Use or omit parsley in above sauce. Add 1 tablespoon lemon juice or dry white wine just before serving.

EGG SAUCE FOR FISH. Use plain or parsley or lemon sauce, add ¼ cup more milk, 1 chopped hard-cooked egg.

Salmon Platter Salad

Warm Day or Supper Special. Good, too, with Bumble Bee Tuna or Crab Meat

Make mound of shredded lettuce on platter. Place one ½-lb. can Bumble Bee Fancy Cohoe Salmon Steak in center of mound. One can serves 3 or 4. Around salmon arrange cooked asparagus tips or green beans that have been marinated in French dressing, arrange alternately with diced or wedged pieces of tomato, cucumber slices and green onions, if desired. Add French dressing and tart mayonnaise or thousand island dressing, lemon wedges, if desired.

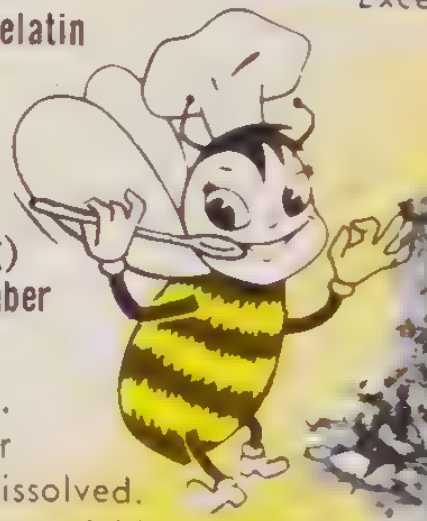
MAYONNAISE OF SALMON

1 tablespoon unflavored gelatin
1 tablespoon lemon juice
1 cup mayonnaise
2 ½-lb. cans Bumble Bee Fancy Cohoe Salmon Steak

Soak gelatin in ½ cup cold water. Place over low heat or boiling water, stir until gelatin is dissolved. Cool to room temperature, add lemon juice and mayonnaise. Chill until beginning to thicken. Spread on chilled salmon that has been taken from can in solid chunk. Garnish with pimiento or green peppers or capers. Serve cold with vegetable salad.

Salmon Salad Mousse

Excellent and Showy Salad Especially for Buffet Service.
Good with Bumble Bee Tuna or Crab.



1 tablespoon or envelope unflavored gelatin
1 tablespoon sugar
3 tablespoons lemon juice or vinegar
½ teaspoon salt
Dash tabasco sauce
1 cup mayonnaise (not salad dressing)
½ cup finely chopped celery or cucumber
1 1-lb. can Bumble Bee Pink Salmon

Soak gelatin in ¼ cup cold water. Add ½ cup boiling water, stir over low heat or boiling water until dissolved. Add sugar. Cool to room temperature. Add lemon juice or vinegar, salt, tabasco sauce and mayonnaise. Chill until beginning to thicken. Add remaining ingredients. Turn into quart mold, chill until firm. Unmold onto salad greens. Serves 6 as main course salad.

LUNCH OR SUPPER SUGGESTION: Serve Bumble Bee Salmon Salad Mousse with hot biscuits, corn bread or rolls, dessert of apple or berry pie.

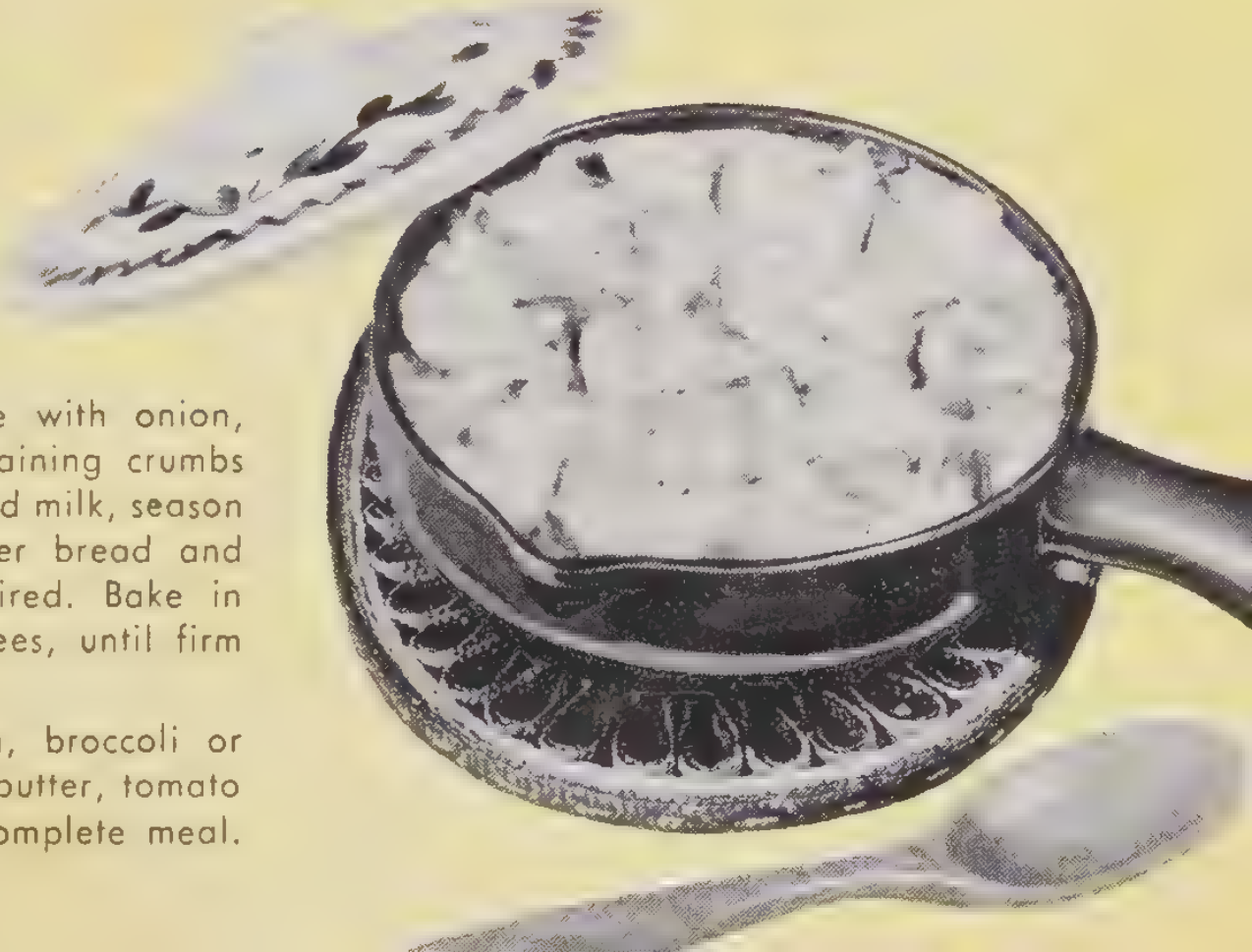
Salmon Fondue

Or Use Tuna, Adding Fleck of Green Pepper or Parsley for Flavor

6 slices buttered bread
1 tablespoon minced onion (optional)
1-lb. can Bumble Bee Pink Salmon
3 eggs
3 cups milk
Salt, pepper
½ cup shredded cheese, optional

Cut buttered bread into cubes, sprinkle half of bread into a greased 2-qt. casserole. Sprinkle with onion, half of flaked salmon. Add remaining crumbs and salmon. Beat eggs slightly, add milk, season with salt, pepper, stir. Pour over bread and salmon, top with cheese if desired. Bake in moderately slow oven, 325 degrees, until firm as for custard. Serves 6 to 8.

FONDUE DINNER. Add spinach, broccoli or cauliflower with butter or lemon butter, tomato salad and orange pudding for complete meal.



Bumble Bee Seafood Specialties

Variety adds its own spice to cookery. You'll find these Bumble Bee seafood specialties delightful to have in your cupboard.

Note that many of the foregoing recipes may be made with Tuna or Salmon or Crab. They may be adapted to suit the appetite of the moment (or the particular type of Bumble Bee seafood you have on hand). Keep all three on your shelf and you'll find it easy to solve the problem of variety for the family or specialty dishes for guests.

On the opposite page is the famous Crab Louis that you'll want to add to your list of favorite dishes. And on the following page are appetizers that dress up the gathering before dinner.

These appetizers may serve as your first introduction to some new Bumble Bee specialties that are the delight of gourmets from coast to coast. Having tried them, you'll find there are many ways you will find to adapt them to new and delicious uses of your own. It is often the use of these specialties such as Bumble Bee Kippered Sturgeon, Shad Roe, and Smoked Salmon that lead to the reputation of a favorite hostess. We believe, as you taste these delicacies yourself, you'll know the reason why.

Crab Louis, Pacific Special

Good, Too with Bumble Bee Salmon or Tuna

1 ½-lb. can Bumble Bee Fancy Crab Meat
1 small head lettuce
½ to ¾ cup 1000 Island dressing
1 medium size tomato
Pickles, olives

Chill and remove crab meat from can, reserve crab legs for garnish. Shred lettuce, arrange in mounds on two chilled salad plates. Flake crab meat on top of lettuce. Top with thousand island dressing. Garnish with slices of hard cooked eggs, wedges or slices of tomato, pickles and olives. Serve as main course salad. Serves 2 generously.

SALAD LOUIS LUNCH OR DINNER. Bumble Bee Crab Louis is considered a hearty main course, especially in warm weather. Accompany with buttered toast, crackers, hot rolls or buttered French bread. For lunch, with fresh fruit and cookies. For dinner add hot soup, chocolate fudge cake.

Appetizers

DUNKS OR DIPS. Combine 2 packages cream cheese, mashed and mixed to thin or dunking consistency with milk. Add ½ cup tart mayonnaise, 1 tsp. grated onion, 1 tbs. lemon juice. Then add one ½-lb. can finely chopped Bumble Bee Crab Meat, Kippered Sturgeon or Smoked Salmon. Surround bowl of dunk or dip with small crackers, potato chips, celery sticks, cauliflower flowerets or carrot sticks. Dunk these materials in mixture. Serves 12 to 20.

BUMBLE BEE KIPPERED STURGEON OR SMOKED SALMON. Flake fish, lay on small pieces of toast or cracker spread with lemon butter or very tart mayonnaise. Garnish with sprig of parsley or dot of green pepper. Or mix flaked fish to spreading consistency with mayonnaise. Use for crackers, toast, bread or as sandwich filling.

BUMBLE BEE CRAB CANAPES. Place rounds of firm tomato or cucumber slices on buttered rounds of toast or bread. Top with dot of mayonnaise, place flaked crab on top. Or mix crab with mayonnaise to bind, add dash of lemon juice, ¼ cup minced celery, spread on bread, crackers or toast, garnish as desired.

BUMBLE BEE SHAD ROE. Best served hot as entree. Turn contents of can into well buttered frying pan. Saute slowly, serve on toast with lemon wedges. Or brush with butter, broil slowly until lightly browned. Serves 4 to 6.

Bumble Bee Frozen Fish

While Bumble Bee Brand canned seafoods have been nationally known for their fine quality for over half a century, Bumble Bee frozen seafoods (fillets and steaks) are a relatively new addition to the famous Bumble Bee family. The same high quality standards have been scrupulously maintained to give you the utmost in eating pleasure. The freezing takes place in one-third the usual time, thus preserving the fresh-caught flavor.

At present, supply limits the sale of fillets to the West. However, Halibut and Salmon Steaks are being shipped throughout the nation as rapidly as supply permits.

ROCKFISH. A mild white fish served broiled, pan-fried or baked. All skin and bones are removed. One of the most economical high-protein foods.

PACIFIC PERCH. The small size of these fillets, about 6 or 7 pieces to the pound, insures a tender, mild flavor. The skin is left on, sealing in the natural oil just underneath.

FILLET OF SOLE. This finest of fillets lends itself to all types of flouring or breading. Pan-fried, broiled, baked, or in casseroles, the whiteness and delicate flavor are unexcelled.

HALIBUT STEAKS. Selected from small tender Pacific Halibut, these brilliantly white steaks are delicate and mild in flavor and easily prepared.

SALMON STEAKS. The most flavorful of all fish, frozen fresh to please the most discriminating gourmet.

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Bumble Bee Seafoods

The most complete line of seafoods under one packer's label in America

The large variety of Bumble Bee seafoods gives you wide choice in planning your menus. You also ha[illegible]nowledge that you may select *any* can [illegible]umble Bee with complete confidence that the quality of that type of seafood is unsurpassed.

For your guidance in shopping you may note that Bumble Bee labels are primarily white or green. [illegible]e white label Bumble Bee cans contain th[illegible]pecies, the most delicate flavor, ofte[illegible]right out of the can".

In the green label Bumble Bee cans you will find economical seafoods, the finest of their type but lower priced because of the abundance of the particular fish, or the smaller size of the pieces.

We suggest that you try *all* types of Bumble Bee so that you may become familiar with the distinctive characteristics of each and enjoy these delicious, healthful seafoods to the fullest.

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